

## AMENDMENTS TO THE CLAIMS

This listing of the claims will replace all prior versions, and listings, of claims in the application:

### LISTING OF CLAIMS:

1. (Currently Amended) A process for preparing an SDG-rich product comprising:  
(a) a step of extracting a plant material containing secoisolariciresinol diglycoside (SDG) with a basic alcohol;  
(b) applying the extracted solution on a resin column;  
(c) washing the column with 0 to 10% alcohol (v/v); and  
(d) eluting the column with 15 to 40% alcohol (v/v).
2. (Currently Amended) The process for preparing an SDG-rich product of claim 1, wherein the plant material containing SDG is flaxseed or a flaxseed residue.
3. (Currently Amended) The process for preparing an SDG-rich product of claim 2, wherein the flaxseed residue is defatted flax cake.
4. (Currently Amended) The process for preparing an SDG-rich product of claim 1, wherein the basic alcohol in step (a) has ~~[[a]]~~ an alcohol concentration of 30-100% (v/v).
5. (Currently Amended) The process for preparing an SDG-rich product of claim 1, wherein the basic alcohol in step (a) contains 0.05-2N alkali.
6. (Currently Amended) An SDG-rich product obtainable by a process for preparing an SDG-rich product comprising a step of extracting a plant material containing secoisolariciresinol diglycoside (SDG) with a basic alcohol, wherein the basic alcohol has an alcohol concentration of 30 to 50% (v/v) prepared by the process of claim 1.
- Claim 7. (Canceled).
8. (Currently Amended) A food and/or drink containing the ~~material~~ SDG-rich

product for foods and/or drinks of claim [[7]] 6.

9. (Original) The food and/or drink of claim 8 containing 1~1000 mg of SDG as a daily intake.

10. (Original) The food and/or drink of claim 8 containing 0.001~90% by weight of SDG.

11. (Original) The food and/or drink of claim 8 having a form containing 10~90 mg of SDG as a daily intake.

Claims 12-19. (Canceled).

20. (Previously Presented) The food and/or drink of claim 8 having the effect of preventing and/or improving various symptoms caused by imbalanced female hormones.

21. (Previously Presented) The food and/or drink of claim 8 having the effect of preventing and/or improving menopausal symptoms.

22. (Previously Presented) The food and/or drink of claim 8 having the effect of preventing and/or improving one or more symptoms selected from the group consisting of osteoporosis, hyperlipidemia, hypertension, obesity, depression and hot flashes.

23. (Currently Amended) The food and/or drink of claim 8, which is selected from the group consisting of baked goods ~~such as bread and biscuits~~, drinks ~~such as juice and sugar-free tea, liquors, soup~~, candy, gum, yogurt, ice cream, pudding and jelly.

24. (Currently Amended) The food and/or drink of claim 8 in a processed form selected from the group consisting of powder, granule, tablet, soft capsule, hard capsule, ~~internal medicine~~ and syrup.

25. (New) The process for preparing an SDG-rich product of claim 1, wherein the basic alcohol in step (a) has an alcohol concentration of 30 to 50% (v/v).

26. (New) The process for preparing an SDG-rich product of claim 1, wherein the alcohol in steps (c) and (d) is ethanol.

27. (New) The process for preparing an SDG-rich product of claim 1, wherein the extraction temperature in step (a) is the boiling point or less of the alcohol.

28. (New) The SDG-rich product of claim 6, wherein the plant material containing SDG is flaxseed or a flaxseed residue.

29. (New) The SDG-rich product of claim 28, wherein the flaxseed residue is defatted flax cake.

30. (New) The SDG-rich product of claim 6, wherein the basic alcohol contains 0.05 to 2N alkali.

31. (New) The SDG-rich product of claim 6, wherein the alcohol is ethanol.

32. (New) The SDG-rich product of claim 6, wherein the extraction temperature is the boiling point or less of the alcohol.

33. (New) A method for preventing and/or improving various symptoms caused by imbalanced female hormones in a human which comprises the administration of a pharmaceutical composition comprising an SDG-rich product of claim 6.

34. (New) A method for preventing and/or improving one or more symptoms in a human which comprises the administration of a pharmaceutical composition comprising an SDG-rich product of claim 6.

35. (New) A method for preventing and/or improving one or more symptoms selected from the group consisting of osteoporosis, hyperlipidemia, hypertension, obesity, depression and hot flashes in a human which comprises the administration of a pharmaceutical composition comprising an SDG-rich product of claim 6.